

Approved by the UCSB Human Subjects Committee on: 10/07/2021

CONSENT TO PARTICIPATE IN A RESEARCH STUDY
LEGAL REPRESENTATIVE'S CONSENT
UNIVERSITY OF CALIFORNIA, SANTA BARBARA

Title of the Study: The THRIVE study: Using technology to improve the quality of life of older adults in senior living communities and their adult children

Lead Investigators: Dr. Tamara Afifi, Department of Communication, UCSB, tafifi@comm.ucsb.edu
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Study sponsor: National Institutes of Health (NIH), National Institute on Aging

PURPOSE

The purpose of this study is to examine how new technologies like virtual reality (VR) and Zoom (video chat on a computer) can help improve older adults' quality of life, emotional well-being, and family relationships. The ultimate goal is help older adults who might be experiencing memory decline thrive in senior living communities by connecting them with family members who live at a distance. In previous research, we have shown that technology can improve the quality of life of older adults in senior living communities and their family members. The technology platforms we use are designed for older adults. They are safe to use for older adults with a range of cognitive and physical challenges, from those with no memory decline to those with moderate dementia. To participate in this study, the older adult must be a resident at one of the senior living communities involved in this project. The adult child must also be able to participate with their parent in the study from a distance (from their own home or office).

PROCEDURES

Once a week for four weeks, the older adult will use either VR or Zoom with their adult child. Before the study begins, we will mail the adult child all the necessary equipment and show them how to use it. They will participate from their own home or office, and the older adult will participate from their senior living community. Before the first session with the technology, the adult child will complete a brief (15 minute) online survey. They will also complete brief (15 minute) surveys immediately after each session with the technology and then at 1 month and 3 months later. These surveys ask about their relationship with their parent, their quality of life, and their psychological well-being. We will ask the older adult similar questions, reading aloud the questions to them. In preparation for using the technology, we might ask the adult child to upload some family photos and favorite addresses from the past to a secure online portal. Each technology session will last approximately 30 minutes. The older adult and their adult child will be talking with each other during the session and we will walk them through it. The entire study will take about six hours total. With everyone's permission, we will also be audiotaping the technology sessions and videotaping the older adults' sessions to code for various emotions. Families can still participate in the study if they decide that they do not want us to audio/videotape the sessions. Once the study is over, family members will mail any equipment back to us in a pre-paid shipping box.

RISKS & BENEFITS

There is some risk that the older adult or adult child could feel mildly ill, dizzy, sad, or agitated while using the technology. For example, there is a chance that their eyes might get slightly irritated from using the VR goggles or Zoom screen. Or, the older adult might get sad from talking about things from the past. If the older adult gets upset or sad, we will stop using the equipment and get them a glass of water and ask a staff member at the community to help us comfort them. However, the use of the equipment should be a fun and exciting experience. The technology we are using is being used in many senior communities around the country, with extremely positive responses from residents. If you have any concerns, you can also contact the Institutional Review Board at UCSB directly at (805) 893-3807. The older adult and adult child will not have access to each other's information provided in the surveys. The results from this study will improve our understanding of how to help older adults thrive in senior living communities. Below, we also offer you an opportunity to request a summary of the results so that you may benefit from our findings

INVESTIGATOR DISCLOSURE OF FINANCIAL CONFLICT OF INTERESTS

This study is funded by a grant from the National Institutes of Health (NIH), awarded to UCSB and Rendeveer. Kyle Rand, the CEO of Rendeveer, is a principal investigator on this project. He helped invent the VR platform being used in this study and might benefit financially if marketed.

CONFIDENTIALITY

Participation in this research is confidential. We will keep the information that participants tell us private. Only the researchers on this project (researchers at UCSB and senior personnel at Rendeveer) will have access to identifying information on the surveys, and that information will be removed immediately after the study is completed. To allow us to match the surveys together, we will assign each participant a code number on each survey. The information resulting from participation in this study will be retained indefinitely and may be shared with other researchers in the future for research purposes not detailed within this consent form. If data is shared with others, the names of the older adult and adult child will be completely removed. We also have a separate consent form where you can provide consent for us to use the older adult's identifiable audiotaped and videotaped data.

COSTS/PAYMENT

For participating in this study, both the older adult and adult child will each receive \$150 at the end of the study.

RIGHT TO REFUSE OR WITHDRAW

Participation in this study is voluntary. Participants are free to decline to answer any specific questions. The older adult may refuse to participate and will still receive the care they would receive if they were not in the study. The older adult may change their mind about being in the study and quit after the study has started. If they quit before the study has ended, they will receive \$20 for each technology session and follow-up survey they completed. If they participate until the end of the study but simply miss 1 session, they will receive the full amount (\$150). They also have the right to not be audiotaped or videotaped during the technology sessions.

QUESTIONS

If you have any questions about this research project or if you think a participant might have been injured as a result of their participation, please contact Dr. Tamara Afifi in the Department of Communication at UCSB, tafifi@comm.ucsb.edu or 805-679-1812. If you have any questions regarding the older adult's rights and participation as a research subject, please contact the Human Subjects Committee at (805) 893-3807 or hsc@research.ucsb.edu. Or write to the University of California, Human Subjects Committee, Office of Research, Santa Barbara, CA 93106-2050

CONSENT

BY SIGNING BELOW, YOU ALSO GIVE YOUR PERMISSION FOR THE OLDER ADULT RESIDENT TO PARTICIPATE IN THE STUDY DESCRIBED ABOVE

Signature for Parent to Participate

Date

Signature of Researcher Obtaining Consent

Date

Is it okay to videotape and audiotape the technology sessions? NO YES

Would you like a copy of the research results? NO YES

If YES, please clearly write your e-mail address here: _____